



International Organization of Physical Therapists in Women's Health

A sub-group of WCPT



PRESIDENT'S MESSAGE

Dear Colleagues,

This edition of the IOPTWH newsletter heralds the upcoming World Confederation for Physical Therapy Congress in Barcelona, Spain being held June 7th-12th, 2003. The Executive Committee (EC) of IOPTWH has begun preparations for our general business meeting, our EC meeting, and for our first educational offering, a pre-congress one day course entitled, *Low back and Pelvic Girdle Pain in Pregnancy: Current Research and Implications for Physical Therapy*. Please take note of the details for this very interesting seminar further on in this newsletter. The EC and Program Committee have worked to keep the cost affordable and hope we have a wonderful turnout. I want to congratulate Program Chairperson, Yvonne Van Lijf, and EC liaison to the Program Committee, IOPTWH Secretary, Rebecca Stephenson, for their hard work and skill in representing our organization so well via this promising course offering.

Chief delegates will soon receive mailings calling for motions and nominations for EC positions. Please respond promptly and truly consider making a motion or suggesting an agenda item. This second quadrennial meeting should be one where voices of all member countries are heard. The IOPTWH general business meeting will take place on Saturday, the 7th of June, after the completion of the WCPT general business meeting. Rebecca will be sending out a formal notice of the meeting very soon, but please begin thinking of your itineraries and travel plans now. Remember that each member country is entitled to send three delegates to the meeting, but each country will cast only one vote. Our associate members and other interested therapists will be present and welcome, but may not vote on issues.

We will have an exhibit table in the exhibition hall during the congress and will ask delegates to consider signing up to host the table for one or two hour time periods. This request will come closer to the congress. This table will be an opportunity to let therapists know of our scope of practice in women's health and will undoubtedly lead to opportunities for networking and outreach. Outreach to countries that currently have little women's health physical therapy is one of the missions of our organization and one I hope we will put great emphasis on over the next 4-5 years. How we shall accomplish this will be one of the agenda items we will address in our general business meeting on the 7th.

Other Congress activity IOPTWH is involved in includes a sponsored workshop during the congress entitled, *Transient Osteoporosis of the Hip (TOH) Associated with Pregnancy: A Case Presentation*, a planned reception for members and invited guests (probably on the evening (continued on page 2)

WHAT'S INSIDE...

WCPT Congress Call.....	2
IOPTWH Pre-Congress Course Details.....	3
Education and Research and Conference Committee Invitations.....	4
News Flash www.ioptwh.org	5
Resource Reviews.....	6
Treasurer's Report.....	7
Upcoming Events.....	8

(continued from page 1) of the pre-congress course, Friday, June 6th), and participation in the WCPT general business meeting June 5th, 6th and 7th. Once again, I will be representing our organization at the WCPT general business meeting. Once the agenda for that meeting is set (visit the WCPT web page for all congress information including registration and hotel information...www.wcpt.org) please let me know if you wish me to speak or take a position on any particular issue. We have no vote at this meeting, but I can speak for our organization and present our views.

Lastly, time is approaching to review the activities of our organization and present them to WCPT in the form of a quadrennial report and application for renewal of our subgroup status. I will be working on this over the next couple months. Our organization is solid, comprised of more than twice the current required number of member countries, and is now beginning to address issues instead of addressing those administrative and organizational tasks all new organizations must deal with. We have spent the first four years as a subgroup developing networking opportunities for our members by getting our communication tools in order; the newsletter which is wonderful and under the skilful guidance of editor Shannon Michels and our web page which is evolving and now located at www.ioptwh.org under the guidance of new Communication Chair, Beth Shelly. At the Congress in Barcelona we will have the opportunity to spread our wings and tackle issues as well as begin assistance to other countries...will you be part of the process? I hope so! Come and let the physio-world know more about women's health PT...we have so much to offer!

Until spring then, be well,

Jill Boissonnault

14TH WCPT INTERNATIONAL CONGRESS WORLD PHYSICAL THERAPY 2003 THE OPPORTUNITY OF A LIFETIME

Over 3000 physical therapists will gather in Barcelona on 7th-12th June 2003 for World Physical Therapy 2003 – the international congress of the World Confederation for Physical Therapy (WCPT). Delegates will have a unique opportunity to debate the clinical and professional issues that will forge the profession's global future, establish links with colleagues around the world and experience the sites and culture of this beautiful city.

“This will be totally different from the sort of national conferences many physical therapists around the world have experienced,” says Elizabeth Ellis, who has headed the programme planning process. “It will be truly international, charting the global agenda for physical therapy – so it will be relevant and important whatever part of the world you come from.”

Highlights will include:

- A series of symposia and panel discussions, where experts and opinion leaders will explore current issues in lively debates
- Focused workshops examining areas of special interest
- Key presentations examining the future direction of physical therapy, the implications of new disability classifications for health professionals, and human rights for people with disabilities.

This is the first WCPT Congress to be planned by an International Scientific Committee, and the first to be managed centrally by WCPT, in collaboration with the host organisation. More than 2,400 abstracts have already been submitted for presentation at the Congress, ensuring that the carefully selected programme will be varied and of the highest quality.

“The fact that so many people are prepared to present material to this Congress in itself indicates that the profession is achieving new levels of confidence,” says Elizabeth Ellis, Chair of the WCPT International Scientific Committee. “The Congress will be a rare opportunity for clinicians to stop what they're doing, and take a long hard look at where we've come from and where we are going.”

Further information is available on the WCPT website: www.wcpt.org

Or contact WCPT direct: WCPT, 46-48 Grosvenor Gardens, London SW1W 0EB.
Tel: 44 (0) 20 7881 9234. Fax: 44 (0) 20 7881. 9239.
E-mail: 14thcongress@wcpt.org. Web: www.wcpt.org

Registration deadline:

31st December 2002 for “early bird” reduced fees

20th May 2003 final deadline

The First International Conference of the IOPTWH

Low Back and Pelvic Girdle Pain in Pregnancy: Current Research and Implications for Physical Therapy

Friday June 6, 2003

Dolor Lumbar Bajo y de la Pelvis Durante el Embarazo: Investigación Actual y su Implicación para la Fisioterapia

- 8:00-8:30 **Registration**
- 8:30-8:45 The President of the IOPTWH opens our first conference
- 8:45-10:00 Overview of research history and current research of low back pain and pelvic girdle pain in pregnancy
Dr. Östgaard

- 10:00-10:15 **Break**
- 10:15-11:30 Biomechanical mechanisms and treatment of back and pelvic pain in pregnancy
Dr. Östgaard
- 11:30-11:45 Questions to *Dr. Östgaard*
- 11:45-12:30 Moderated panel with *Dr. Östgaard* and some members of the IOPTWH executive committee to exchange experiences about science and research in obstetric physical therapy with the participants from all countries. Moderated questions to the panel on science and research

- 12:30-13:30 **Lunch provided by IOPTWH**
- 13:30- 14:30 Current physical therapy research on diagnosis, prognosis and risk factors for treatment in pregnancy
Hanne Alberts, Physical therapist researcher
- 14:30- 15:30 Current physical therapy research in treatment of pelvic girdle pain
Britt Stuge, Physical therapist researcher

- 15:30- 15:45 **Break**
- 15:45- 16:30 Exchange experiences about case #1 with a panel of the two physical therapy speakers and two others for 4 international perspectives on treatment
- 16:00- 16:40 Exchange experiences about case #2 by a panel of the speakers and two others for 4 international perspectives on treatment

- 16:40-17:00 **Summary and a speech of the President of the IOPTWH**
- 17:00-17:15 **Toast on the future of the IOPTWH with all countries**

REQUEST FROM THE EDUCATION AND RESEARCH COMMITTEE

This is a second call to everyone who is involved in clinical or academic Women's Health research. The Committee of Education and Research would like to develop a database of projects to facilitate networking and support for those ongoing works. The Committee is also strategizing on the most efficient way to use and promote this information.



If you have research projects or ideas that you are working on please contact Lena with details including plans for dissemination of the results if that has been anticipated.

Many greetings from Sweden.
lena.nilsson-wikmar@neurotec.ki.se

FIRST IOPTWH PRE-CONFERENCE IN BARCELONA

The IOPTWH Executive and Conference Committee are excited to extend the invitation to you to attend the World Congress and meet fellow physical therapists working in the area of 'Women's Health'. This is our first pre-conference for IOPTWH and we expect a large turnout. Join us in Barcelona and participate in an exciting agenda of research and clinical workshop presentations. The committees have planned many opportunities for you to liaise with your colleagues (clinicians, educators and researchers) and share knowledge, expertise, ideas and have lots of fun.

Don't wait too long to make plans to help make the IOPTWH sponsored pre-congress course a success and to strongly support all physical therapists in women's health on the international research platforms. Sign up now!

See you in Barcelona!!

Rebecca Stephenson, IOPTWH Executive Committee-Secretary
Yvonne van Lijf, Chair of the Conference Committee

**W
X
O
C
5
4
V
P**

**0
3
3
3
4
P
P**

PRESIDENT-JILL BOISSONNAULT

7420 Kenyon Drive, Middleton WI, USA 53562

Jboissonna@aol.com

VICE-PRESIDENT-KARI BO

PO Box 4014, Ullevål Stadion, N-0806, Oslo, Norway

Kari.bo@nih.no

SECRETARY-REBECCA G. STEPHENSON

335 Main Street, Medfield, MA, USA 02052-2045

rgspt@attbi.com

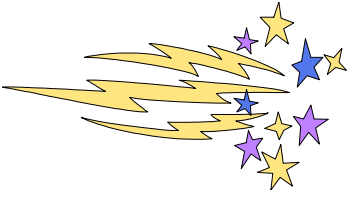
TREASURER-GILL BROOK

Burras Lynd, Burras Lane, Otley, LS21 3ET, U.K.

Gill.brook@lineone.net

MEMBER AT LARGE-SUE JONES

Sue.jones@curtin.edu.au



NEWS FLASH

WWW.IOPTWH.ORG



There is exciting news from the Communications Committee!! The IOPTWH now officially has its own website to serve the special needs and interests of the membership and others interested in physical therapy and women's health. This exciting new site is www.ioptwh.org and will include important features such as the clearly stated mission and objectives of the subgroup on the **home page**, a **leadership page** with the contact information for the executive committee and committee chairpersons, a **members page** with member countries and their chief delegates and contact information listed and there will also be a **meeting and events** page to keep everyone informed for future planning.

This site will also be the home of the **IOPTWH newsletter**, which will be posted electronically, and one of the most exciting features will be a **'bulletin board'**!! This feature will allow individuals to post clinical tidbits or questions for others members to see and respond to. This will be a wonderful opportunity for truly networking with other therapists around the world and will help individuals in all situations-isolated or in large centers to continue to grow and develop.

The Communications Committee is very excited to be launching this site and to be entering the next stage of development with it and other communication and advertising goals. Good luck navigating through this new and interesting website.

Please contact Publications Chair, Beth Shelly with feedback or suggestions bethshelly@prodigy.net as the IOPTWH website continues to evolve.

IOPTWH NEWSLETTER

With my term as newsletter editor potentially coming to an end I am looking forward to and already planning for the Spring 2003 newsletter. I am hoping it will be a final preparation for Barcelona but also an opportunity to fine tune what you the membership and readers of IOPTWH would like to see in future editions. It has been exciting having Beth's leadership with the newsletter and website combination but both of us would like to make sure that the newsletter is serving its purpose in communicating to you. Please drop me a quick note with any suggestions you may have and we would love to incorporate them into the plans for the Communications Committee over the next four year tenure.

I can be reached at Shannon@michelsmanor.ca or by regular mail:

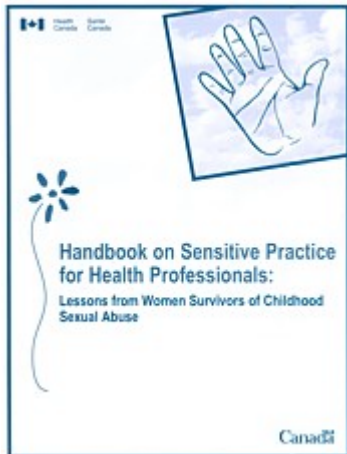
853 Nantyr Drive
Innisfil, Ontario
Canada
L9S 1S8



Thanks in advance for your suggestions and hopefully everyone has an enjoyable and rewarding holiday season.

Shannon Michels
Newsletter Editor

RESOURCE REVIEWS



This informative handbook is the culmination of a multiphase research project to develop recommendations for health professionals to understand ways of practicing that are sensitive to the needs of sexual abuse survivors. This handbook should be strongly recommended to every physical therapy student and therapist regardless of their area of expertise.

The Handbook is available through The National Clearinghouse on Family Violence, Health Canada, ISBN 0-662-29522-6 and the website www.hc-sc.gc.ca/nc-cn. This website is also an excellent resource for helping women, men and children who are victims or survivors of violence or sexual abuse.



Karen Nordahl MD, Susi Kerr BA, Carl Peterson BSc PT

Published by authors, to order www.fittodeliver.com

Review by Eleanor Hanlon BScPT, Halifax, NS, Canada (Ms. Hanlon is a member of a government subcommittee for Pregnancy and Diabetes, and acts as a consultant to the Department of Health for prenatal education classes)

Reprinted from *Physiotherapy Canada*, Winter 2002

The book is easy reading and pleasant to look at, comprised of mostly pictures (photographs) and clear diagrams, the illustrations are well done. However, there is neither a table of contents nor an index. It is divided into sections: the first section discussing guidelines for respective levels of fitness, absolute and relative contraindications to exercise in pregnancy, as well as guidelines for the specific exercises. I do not agree with the authors that type 1 diabetes is an absolute contraindication. The type 1 diabetic should be encouraged to exercise within her capabilities. We know that exercising doesn't have a great influence on blood sugars, however the pregnant woman would receive the other benefits of exercise. The other sections discuss the various types of exercise: strengthening, flexibility, aerobic and stretching. In the aerobic section the authors discuss a water jogging program for pregnancy which I do not agree with as it is too advanced for the majority of pregnant women. I would recommend an aqua-aerobic program. Despite this, I feel that pregnant women and anyone involved in pre and post-natal care would find this inexpensive book useful.

PEDRO-THE PHYSIOTHERAPY EVIDENCE DATABASE

As highlighted in a previous newsletter, PEDro is a freely available, internet-based database of systematic reviews and randomized controlled trials in physiotherapy. Since being launched in October 1999, PEDro has continued to expand and now contains over 480 systematic reviews and over 3,000 randomised controlled trials. Every day over 200 people, from Australia and internationally, search the PEDro database for the best available evidence to assist clinical decision-making as well as for teaching and research purposes.

A unique feature of the PEDro database is that nearly all the randomized controlled trials are rated for methodological quality using the PEDro Scale. Information about the PEDro scale is available via the 'questions' link on the home-page. The ratings are used to rank the search results, to quickly guide users to trials that are likely to be valid and to have sufficient statistical information to make the results interpretable. Three new search features have recently been added to make the search process better and more efficient.

PEDro also relies on support from volunteer physiotherapists. These volunteers search the literature for systematic reviews and randomized controlled trials in physiotherapy and, after participating in a training program, rate trials for methodological quality. If you are interested in supporting PEDro, please contact the Centre for Evidence-Based Physiotherapy-preferably by email.

If you have not tried using PEDro, why not try a search on a topic relevant to your clinical practice or research interest? Anyone can visit the PEDro web-site and use the complete database search facilities at no charge.

Email: pedro@fhs.usyd.edu.au

<http://ptwww.cchs.usyd.edu.au/cebp/>

IOPTWH TREASURER'S REPORT

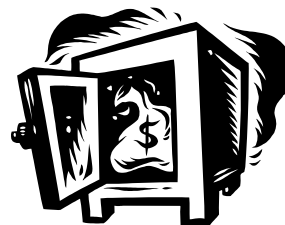
With Congress 2003 just seven months away, many of us are getting excited about the prospect of the conference itself, our study day, and our general meeting – not to mention a few days in Barcelona! However, there will be an inevitable cost to the organization, so the state of our finances is particularly important.

Many thanks to those member countries which have paid their 2002 dues. However, I am still waiting to hear from some. It is not as easy as one would think to monitor payments, as some are made directly to the bank, with no identification of the organization concerned. Therefore, it would be a great help if the dues form could always be returned, either electronically or by post. I shall identify the non-payers, who will hear from me directly.

Our income, since I last reported, has been from dues and bank interest. Outgoings have been on design and production of T-shirts.

Transactions April – September 2002:

Income	£ 981.90
Expenditure	£ 602.94
Current funds	<u>£6670.25</u>



Gill Brook
Treasurer

INTERESTING ABSTRACT

Postoperative Neuropathies After Major Pelvic Surgery

Richard J. Cardosi, Carol Cox and Mitchel Hoffman

OBJECTIVE: To estimate the incidence, etiology, and outcome of neuropathies after major gynecologic surgery and to recommend management and prevention strategies for these complications.

METHODS: Twenty-three of 1210 patients undergoing major pelvic surgery during the defined period suffered a postoperative neuropathy for an incidence of 1.9%. Neurologic injury involved the obturator (n=9), ilioinguinal/iliohypogastric(n=5), genitofemoral (n=4), femoral (n=3), and lumbosacral nerve plexus (n=2) in these women. Etiologies were a result of direct surgical trauma, stretch injury, suture entrapment or were retractor related. All patients with motor deficits were treated with

physiotherapy, and pharmacologic or surgical management was used in women with sensory deficits or pain. Seventy-three percent of the women experienced full recovery; the only patients with persistent symptoms were those with unrepaired nerve transection or injury to the lumbosacral plexus. Both time to diagnosis and time to resolution varied widely.

CONCLUSION: Neuropathies are infrequently associated with major pelvic surgery. We observed a 73% complete recovery rate and time to resolution varied depending on the severity of injury. Physical therapy plays a valuable role in managing these patients, but some may require surgery for relief of their symptoms. (*Obstet Gynecol* 2002; 100:240-4)

UPCOMING EVENTS



14th WCPT International Congress and 15th General Meeting, Barcelona, Spain, 7-12 June 2003



Visit the website, www.wcpt.org for more information and program details.

The general business meeting of the IOPTWH will be held in the afternoon of Saturday, June 7th. The meeting is open to all IOPTWH member-country delegates and invited guests, so make your travel arrangements accordingly and don't forget about the IOPTWH pre-congress course "Low Back and Pelvic Girdle Pain in Pregnancy: Current Research and Implications for Physical Therapy" being held on Friday June 6 from 8am until 5pm

PROFESSOR KARI BØ COMES TO CANADA

The Women's Health Division of Canada and the Physiotherapy Association of British Columbia (PABC) are excited to have the opportunity to offer a 2 day, lecture seminar from March 29-30, 2003, by internationally renowned pelvic floor physiotherapist, Professor Kari BØ. This course targets those health professionals who are interested in increasing their knowledge base about pelvic floor dysfunction, regardless of whether they do internal assessment and treatment or not. Suggestions for group exercise classes, along with valuable protocols and dynamics of group sessions will be discussed. This course will not cover internal assessment and treatment and is not intended as an introductory course for the treatment of pelvic floor dysfunction.

For more information and registration contact PABC at (604) 736-5130 or at pabc@bcphysio.org

FIRST CALL for an exciting conference in Amsterdam in The Netherlands on the 12th and 13th of December 2003. It will be organized by three subgroups of the WCPT, The International Federation of Sport Physiotherapists (IFSP) has initiated the conference and will organize it together with the IFOMT and the IOPTWH. There are many issues, which are of interest to all three areas of specialty and this will be an exciting opportunity to share research and clinical information.

The organizing committees are still in the development stages for a title, and abstract submission and registration deadlines but keep watching future newsletters and the website for more information. Current plans are for the IOPTWH to host a post-conference course which will be sure to include an exciting agenda and presenters. Keep watching for more.

*The International Continence Society will be hosting the 2003 conference in Florence, Italy.
Visit www.continet.org for more details.*

